

**Newton Parks and Recreation Department
is proud to be offering:**



**Mondays 5:30 p.m. - 6:45 p.m.
May 3, 10, 17, 24, 2004**



The class will include a non-aerobic, slow stretching form of yoga
based on the principles of physiological alignment.



Anyone with previous yoga
experience is encouraged to attend.



**Cost:
\$32.00**

**Classes will be held at the
Newton Recreation Department**

SPACES LIMITED SIGN UP NOW

For more information, contact the Newton Recreation Department at 695-4317.